



Special Predeployment Issue



December 16, 2004

Coping with Deployment of Spouse or Partner

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed. You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse.

By knowing what to expect, learning to recognize the signs that you are having trouble coping, and knowing where to turn for help, you may be able to make this difficult time a little easier.

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can

- talk to your spouse about your feelings
- work to create opportunities for

lasting memories during the separation

- talk with other people from your military community who are going through the same experience
- involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the “up” side, many people feel an increased sense of independence and freedom. The “down” side could include periods of sadness and loneliness.

If you have trouble adjusting to the absence of a spouse or partner, you can try to find things to look forward to. Take a class, volunteer, or start a project you’ve always wanted to do. Set some personal goals for yourself during the deployment period and be open to

new experiences and friendships.

Reach out to others who are in the same situation. Remember that you are not alone.

Plan an event with other families who are coping with a deployment or find a support group through your military community.

Don’t try to hide your feelings. It’s normal to feel sad, lonely, or angry when you’ve been separated from your spouse. You don’t have to hide these feelings — that may just make it harder to deal with them. Talk about how you feel with people whom you trust.

Do something special for yourself and your family. Rent a movie or cook a meal that your spouse wouldn’t necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you’ve been wanting to read or visit with a friend.

Try to concentrate on the things you can control. It’s normal to worry about your spouse’s safety during a deployment or about when he or she will come home, but this is something that you can’t control.

Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.

Ignore rumors. The military may not be able to give detailed information about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started. It may be difficult to ignore rumors or gossip, but you’ll be much better off if you do. Rely on official sources of information when a family member has been deployed.

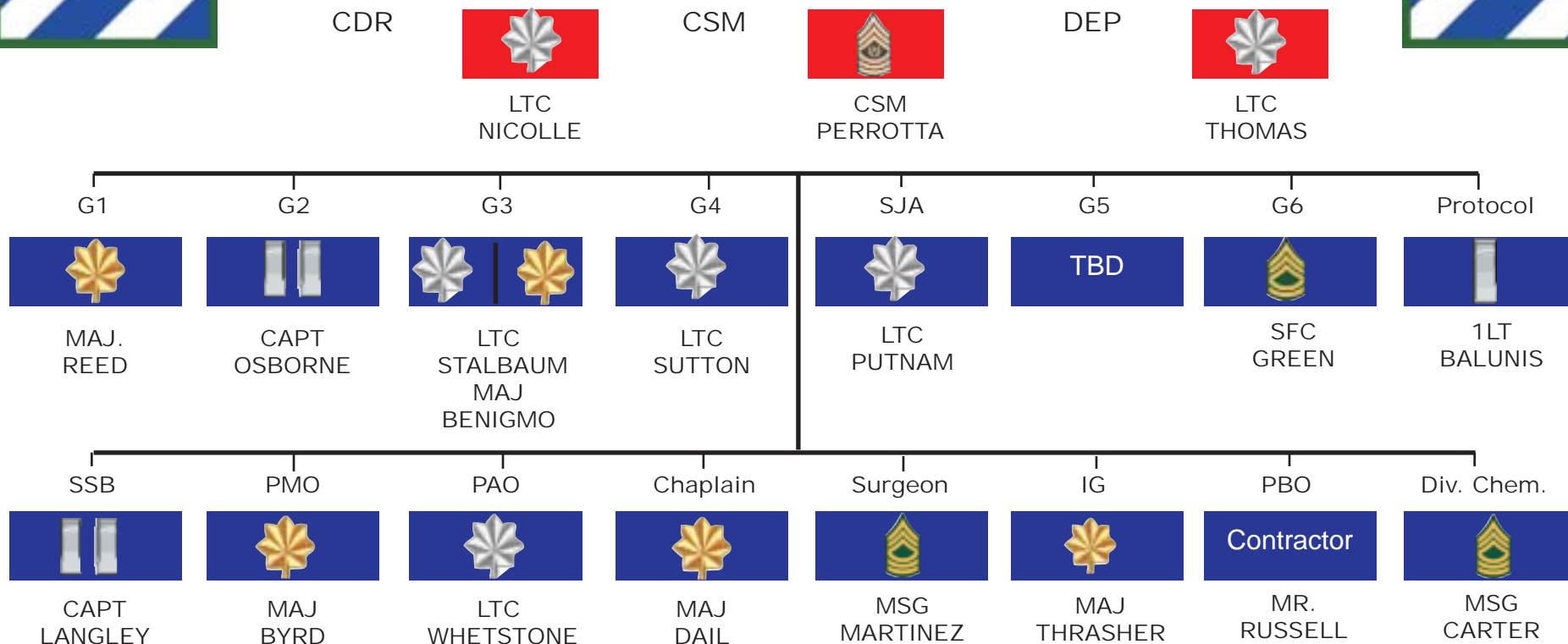
Learn some stress management techniques that work for you. The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.

Seek support from your faith community. Many people find

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See COPING, Page 8A

3ID Rear Detachment Staff Structure (as of Oct. 15, 2004)



How to deal with Debt Collectors

www.armyonesource.com

If you've fallen far enough behind in your bills that you're getting notices in the mail, collection phone calls, or notices of court action, you need to take steps quickly to get back in the good graces of your creditors.

You'll need to work with them to get yourself out of debt, and to do that you'll need to re-establish their trust.

The businesses that lend you money or extend credit to you don't do it out of kindness; they do it to make money. They assumed that you'd repay them when they lent you the money, and if you don't, their business suffers.

On any given day, more than 7 million people are behind in their credit card payments, or "in default," and the amount that's late totals up to more than \$25 billion.

Your creditors don't want to be stuck with too much of that. It's understandable that they'd try their hardest to collect what's owed to them.

The other thing you should know about your creditors is that people run them. If you write or call to explain a special difficulty or a real hardship that's keeping you from paying on time, most of these people will be sympathetic.

Until you call or write, though, your creditors can't tell you apart from the thousands of people who abuse their credit privileges by paying late even when they have the money.

What happens when you're late with a payment? Well, when you're late your creditors will go through a series of steps to get you to pay what you owe.

A mailed reminder is sent to you first, usually when your payment is a week or two late. This is usually a polite note suggesting that you may have overlooked the bill and suggesting that you ignore the notice if you've already sent your payment. Late payment penalties and extra interest are added to what you owe.

If you don't respond to the first notice, a phone call is the next step. You may also get additional notices in the mail.

If you still don't respond with a payment, the creditor will suspend your credit privileges so you can't add to the debt. If it's a credit card payment that's overdue, you may get a notice demanding that you pay the entire balance, plus interest and late-payment charges, and not just the mini-

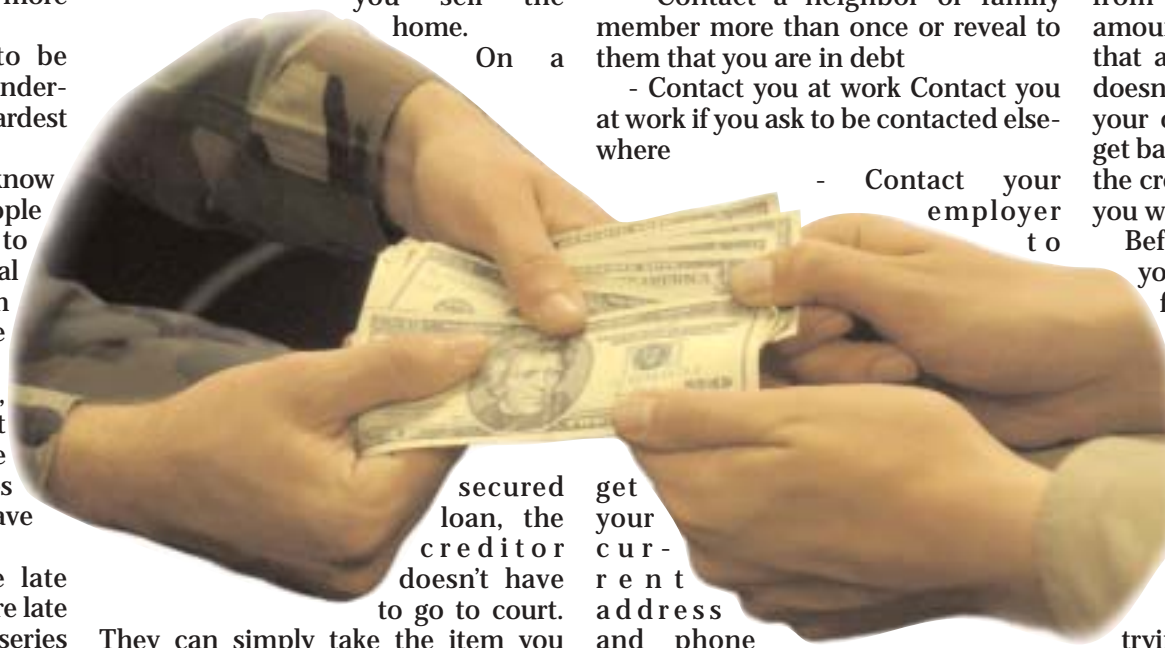
mum that was due at first.

The creditor may turn your bill over to a collection agency, a business that specializes in collecting overdue payments. Collection agencies are the legal representative of the creditor, and have the staff to go after late payments more aggressively.

The next step, if you still don't pay, is court action. The creditor will try to convince a judge to let them recover the money directly from your bank account or by garnishing your wages.

The court may give the creditor the right to seize your possessions and sell them at auction. The court may also allow the creditor to place a lien on your home — which is like a second mortgage and gives the creditor a guarantee that they'll be paid when you sell the home.

On a



secured loan, the creditor doesn't have to go to court. They can simply take the item you pledged as security. They can send a repossession team to take your car right out of your driveway. If the item is inside your home, the creditor can get a court order to have a sheriff go into your house and repossess the property.

If the seized or repossessed property doesn't raise enough money at auction to repay the debt and cover the cost of the creditor's legal fees and repossession charges, you could still owe money.

What creditors can do — and what they can't — to collect a debt:

You are responsible for your debts. If a creditor or a collection agency is calling you to collect a debt, the best response is to be honest about your situation and work out a manageable repayment plan. Until you do, the creditor can keep calling you to try to get you to pay.

Federal law offers some protection from harassment by collection agencies. These rules are summarized below. It's important to note that these rules do not apply to all debt collectors, just to third-party collection agencies.

A collection agency is not allowed to:

- Call at any convenient time during the day or evening
- Harass you by calling after 9 p.m. or before 8 a.m.
- Notify you that your late payment may damage your credit record
- Threaten you with physical harm, violence, or harm to your reputation
- Contact neighbors and family members to get your current address and phone number
- Contact a neighbor or family member more than once or reveal to them that you are in debt
- Contact you at work Contact you at work if you ask to be contacted elsewhere

- Contact your employer to

get your current address and phone number

- Reveal to your employer that you are in debt
- Send written collection notices in the mail
- Send postcards with overdue payment notices (because they can be read by others)
- Explain that they are legally authorized to collect your debt
- Misrepresent themselves, for example, as an attorney, an officer of a credit bureau, or a representative of a government agency, or by sending notices designed to resemble court documents

You can avoid all of these problems by communicating more openly with your creditors. The best advice is to call them before they call you. If it's too late for that, and you're already getting collection calls, it's not too late to call and offer a realistic repayment plan.

As a start, ask for a 30-day moratorium on your payments. That will allow you time to pull your records together and come up with a plan for paying down all of your debts.

If your credit hasn't already been shut down, suggest yourself that further borrowing be blocked. That gives another signal that you are serious about repaying the debt.

Creditors worry most about people who are ignoring their debts or who are actually being dishonest and trying to escape their obligations. By calling and telling the creditor that you're working on a debt repayment plan, you put yourself in the "good" camp of honest customers who are making a genuine effort to pay what they owe.

If you can't negotiate a 30-day break from the payments, find out what amount will satisfy the creditor. Pay that amount promptly (as long as it doesn't create problems for you with your other creditors). Your goal is to get back to a trusting relationship with the creditor, where the creditor knows you will honor your commitments.

Before the 30 days are up, after you've had a chance to review your finances and come up with a reduced spending plan, call back and work out a repayment plan. At that point, you'll know how much you can pay every month without creating problems with other creditors.

Guidelines for making the conversation a productive one:

Be honest. Explain that you're trying to get your debt under control and be open about where you are in the process. If you haven't finished tracking your spending and adding up the numbers, tell the creditor that you've realized your budget is out of balance and you're doing the work now of coming up with a new spending and debt repayment plan.

Be prepared. Have the information you'll need in front of you when you call. Make sure you know exactly how much you owe and when the payments are due.

Be ready to offer a payment plan if you won't be able to pay the amount that's due by the date on the bill.

Put the conversation on an equal footing. If a creditor calls you, don't get into a conversation right away. Politely ask them to hold on for a minute while you get out your records.

See COLLECTORS, Page 4D

BAH and special storage of HHG

Entitlement to Basic Allowances for Housing is not related to storage of household goods at either government expense or personal expense.

Single Soldiers and dual military Soldiers currently entitled BAH may store HHG and cancel lease agreements without forfeiture of BAH.

Soldiers can not move into the barracks after HHG are stored. Their BAH entitlement will contin-

ue during deployment. Soldiers deployed are on a Temporary Change of Station, and the DoD Financial Management Regulation does not recoup BAH for Soldiers on TCS.

If commander directs Soldier to move into barracks, then BAH will be terminated.

Soldiers currently living in the barracks will continue to receive Partial BAH Entitlement.

All Active-duty and Reserve-component Soldiers with dependents not assigned government quarters at their permanent duty station are always entitled to BAH at their dependency status rate during deployment. Fort Stewart and Hunter Army Airfield on-post housing is contracted, therefore all Soldiers in housing receive BAH.

Reserve-component Soldiers without dependents are required to

provide a mortgage, lease agreement or notarized statement signed by their landlord to substantiate payment of BAH.

Editor's Note: *Information for this article came from Joint Federal Travel Regulation U4770-B1, <http://www.armyg1.army.mil/militarypersonnel/policy.asp> and DFASIN/AC-MIPAIG Message, Subject: BAH and special storage of HHG.*



When opening a checking account, open an account with your spouse to prevent any possible chance of a problem for them while you're deployed.

Common questions concerning checking accounts

Q. My spouse just opened our first checking account. May I also sign the checks?

A. Normally, if your name is not on the account, you will not be able to sign the checks. If you want to be able to sign checks, the two of you should go to the bank and speak to a bank officer about having your name added to the account.

Q. Our bank is not in the local area and my spouse will be going to NTC for Marne Focus. Does my power of attorney, which authorizes me to write checks, allow me to pay the bills and get money while my spouse is gone? The account is in my spouse's name.

A. While your power of attorney does legally authorize you to write and cash checks, you may have a problem because a bank is not required to accept your spouse's power of attorney.

To prevent a problem, you should immediately contact the bank to see if they will honor the power of attorney. Many banks will only honor their own special power of attorney and, if this is the case, you should ask them to send you one. The legal assistance office can assist you in completing a power of attorney

form sent to you by your bank.

Q. Because my spouse will be away and I have never had a checking account, where can I go to get help in managing this account?

A. Army Community Service offers free classes in how to manage checking accounts properly. The ACS phone numbers are 767-5058 and 767-5059. Classes are by appointment.

Q. If we cannot get an acceptable power of attorney before my spouse leaves, can he or she give post-dated checks to our landlord and the furniture store to cover our bills?

A. Legally, your spouse can write post-dated checks for the upcoming bills, but you should hold onto them until the dates that the payments are due. If he gives the checks to the creditor, that creditor may, if he chooses, present them before the date on the check. This could result in the check being dishonored and you being penalized with a bad check charge.

If you have a checking problem, make an appointment to see a Legal Assistance Attorney. (Fort Stewart — Building 37, call 767-8809 or 767-8819; Hunter — Building 1154, call 352-5115).

COLLECTORS

from page 3D

When you get your copy of the bill and any notices you've been sent, get a paper and a pencil, too. When you get back on the phone, let the caller know that you're ready to talk and that you'll be taking notes on the conversation.

Start by asking them to give their name again and the name of the company they represent and write the information down. Also, ask for the caller's telephone number and address.

By doing this, you put the call on more of an equal footing. The caller knows who you are and has details of what you owe. Now you know who the caller is and you have the information at hand that you'll need to discuss a payment plan.

Be businesslike. Remember that debts and their repayment are strictly business. A collection agent may try to make you anxious or put you on the defensive as a way to get you to agree to a payment plan.

If you make it clear at the start of the conversation that you're ready to work out a reasonable payment plan — one that's acceptable to your creditor and within your means to follow — you can keep the conversation in a businesslike tone and keep it from becoming emotional.

If the creditor yells on the phone or speaks in a rude or hostile manner, end the conversation and suggest trying another time when both of you can talk in a reasonable tone. If this happens more than once, ask to speak with the collector's

manager and request another contact at the company.

Don't agree to more than you can manage. If a creditor is pressuring you to pay more or repay a debt more quickly, you may be tempted to agree to higher payments than you can really afford as a way to get out of an uncomfortable conversation. Don't do it. You'll just fall behind again, and you'll have lost the trust of the creditor. It's far better to be honest and agree to pay only what you know you can afford.

Follow up with a letter. If you and the creditor or collection agent agree to a repayment plan that includes reduced or missed payments while you get your finances back in order, follow up with a letter to confirm the agreement.

An agreement like this usually includes the suspension of your credit privileges, so you may be sending your credit card with your letter as confirmation that you won't try to use it.

Use a proper business letter format when you write. Keep one copy for yourself and send two to the creditor, asking them to sign and return one to you. Send your letter by certified mail, return receipt requested.

When the signed receipt card comes back to you, keep it until you receive the signed copy of the agreement. Send a copy of the letter with each payment you make and be sure to make those payments on time.

Dude, where's my car? *How to store it during deployment*

Capt. Heather Herbert

Claims Judge Advocate

The Marne Express is once again running at super-sonic speeds with Soldiers headed back to Operation Iraqi Freedom 3. The following are some important measures to add to your ever growing pre-deployment, to-do list.

The Joint Federal Travel Regulation authorizes storage of one POV in connection with deployments depending on the length. There are several things that need to be stressed in order to minimize risk and maximize protection in the event of theft, vandalism or pilferage during transport or storage. Pre-deployment stress levels are high and there are things that get forgotten in the hub-bub, but don't forget to protect your stuff so you can come home to the beloved car you left.

Soldiers and units need to make sure a good inspection is performed when the vehicle is taken in. Vehicles should be clean and in good working order when they are turned over. DD Form 788 can be used for this purpose. Make sure even minor scratches and dings are noted. If storing at a commercial facility, they may do their own inspections and have their own forms. Soldiers may refer to the "Storing Your POV" pamphlet on the Military Traffic Management Command Web site at: www.mtmc.army.mil.

Make sure an inventory is prepared for your POV. The type and quantity of goods placed in a POV during storage are limited to things that are connected with vehicle operation, such as spare tires, jacks and small quantities of tools. Soldiers can make their own list or use DD 788



for this. Remember, claims services often won't pay for after-market upgrades to your POV. You should carry private insurance for televisions and expensive stereo equipment. Also, claims service will depreciate the value of this equipment, whereas insurance will usually pay to replace the item.

If storage is at a commercial facility, you will need to know what is covered so you can procure additional insurance if needed.

Do not terminate your insurance when you store your vehicle. Although the "Storing Your POV" Pamphlet on the MTMC Web site says it is okay to do this, it is not advised. If your car is financed, lienholders generally require comprehensive insurance for the length of the loan.

Vehicles stored on post should comply with local policy for registration and display current decals if required. If your registration will lapse during the deployment, then you should renew your registration early or give someone you trust a Special Power of Attorney to renew it for you in your absence.

When vehicles are picked up from storage, another thorough inspection should be done. You should do a complete walk-around with an inspector. Open the doors and trunk, and make sure items stored in the car are still there. This prevents claims of later discovered loss and damage. If your car is stored off-post and you drive off before declaring any damages, you will give up your right to seek compensation for any damage from the storage lot.

If you have any questions about the above information, please call the Claims Office at 767-8185.

Paying for a vehicle by allotment

SJA

Q: I'm planning on buying a car for my wife before we deploy and I have heard that the easiest way to pay for it is to set up an allotment to the bank or finance company, is this a good idea?

A: No, although the vast majority of allotments go to the correct destination occasionally the allotment will become misdirected. If this happens you will be in default on your loan although the money will still be coming out of your check.

Q: But if it isn't my fault then nothing can happen to me right?

A: No, unless there is a provision in your contract protecting you from such an event you will be in default and your car can be repossessed and negative information listed on your credit report.

Q: What else can I do, many dealers require an allotment in

order to finance the car?

A: You have a couple of options. First, you can negotiate an addition to your finance contract relieving you of liability for default if your allotment becomes lost through no fault of your own. Second, you can authorize a direct withdrawal from your checking or savings account provided you clearly specify the amount authorized for withdrawal.

Q: Sounds complicated, aren't there problems with both of these two approaches?

A: The biggest problem with limiting your liability for an allotment is making sure the contract clause is worded properly.

The legal assistance office can assist you in drafting the clause or reviewing a clause written by the finance company (remember to have the contract reviewed before you sign).

A direct withdrawal from your bank account is a good alternative

provided you authorize only a specific amount of money and not "the amount due under the contract" or any other such term. If the bank allows a withdrawal exceeding the amount you authorized then you may be able to recover the additional money from the bank.

Q: I also use allotments to pay other bills and to make investments, should I change these as well?

A: Not necessarily, allotments are a great way to make periodic payments provided you are not required to make the payment each month or be in default on a contract. Therefore if you are saving for retirement or a child's education then an allotment is an excellent tool.

However, if you are paying your mortgage, car or credit card bill then you should take the steps discussed above to limit your liability.

Procedures for POV storage

Rear Detachment SOP Deployment

Prior to deployment, a memorandum signed by the Company Commander or SJA must be forwarded to Special Storage Coordinator, Deployment Operations listing the individual(s) authorized storage of POV with SSN, vehicle VIN, and date vehicle will be turned in for storage.

POV Storage authorization memorandum can be faxed to 767-9722 or hand carried to Bldg 1906 (Deployment Operations, Rail Marshalling Area).

Upon receipt, the memorandum will be approved by Special Storage Coordinator/COR, and then faxed to the Storage Contractor.

Soldiers are required to turn in their own vehicles to the Storage Contractor unless the soldier, in a Power of Attorney, appoints another individual.

Transportation support from the storage facility back to the unit area can be coordinated through the Deployment Control Headquarters (DCH) for groups of 15 or more soldiers. Coordination for this support can be arranged by calling 767-1657/1660/1658/4474.

To expedite storage turn-in process, individual soldiers should complete the Storage Contractor's Vehicle In-Processing Form prior to turning in POV.

Individual soldiers, approved for storage of their POV, should coordinate directly with the Storage Contractor regarding the turn-in of their vehicle or change in scheduled date.

A joint inspection between the Soldier and Storage Contractor will be performed prior to turn over of the vehicle for storage.

Redeployment

Upon redeployment, individual soldiers should contact the Storage Contractor directly to arrange pickup of their vehicles. Prior coordination of date and time is recommended to ensure Storage Contractor facility is open for vehicle-pickup.

Upon redeployment, transportation support for 15 or more soldiers can be arranged through the DCH by Rear Detachment Commanders prior to scheduled redeployment date/time.

Soldiers are required to bring their Military ID Card for identification to pick up their POV and should bring copies of all documentation provided at time of storage (to include Joint Inspection Sheet). Any new damages noted after original Joint Inspection will be between the Storage Contractor and the individual Soldier.

Storage Contractor will provide jump-starts to any vehicle that cannot start on its own. The Storage Contractor is not responsible for any bad batteries or tires.

For more information, contact Kay Gordon at 767-9859 or 767-2155.

Helping a young child cope with a parent's deployment

www.ArmyOneSource.com

Children may find it very difficult to adjust to the absence of a parent who is called to duty. Some children may not understand why a parent has to leave, while others may be afraid for their parent's safety. Some children may even be angry with a parent for leaving. It's important to keep talking to your child and watching how he is handling the separation.

Talking with a child about deployment

When talking to a child about a parent's deployment, you can

- Help your child understand that she has not done anything wrong. Young children may think a parent is leaving because of something they've done. Try to explain that serving in the military and going away from time to time — is her parent's job, just as going to the factory or office every day is what other parents do for work.

- Talk about where his parent will be and what he or she will be doing.

Post a map where the child can see it. Spend some time together learning about where the parent is serving. If it's on a carrier, read a book about carriers, or if the deployed parent has gone to another country, learn something about its customs or language. Being familiar with and talking about the deployed parent's daily routines and getting a better picture of where he or she is can help your child cope with the separation.

- Be as honest and give as much information as possible. The child may have many questions about the military, and why her parent has to leave or whether he or she is safe. It's important to give her as much information as possible in words that she will understand.

- Make sure she doesn't feel like she has been abandoned. Telling the child that her parent is "on assignment" or "at work" may help her understand the separation and that this is a normal part of military life.

- Encourage your child to talk about his feelings. Let him know that it's OK to admit that he misses his

parent or feels lonely.

- Help your child find ways to feel better when she's missing her parent. This could be by listening to a tape recording of her parent reading a story, looking at pictures of her missing parent, or even just talking about where he or she is.

- Talk about the deployed parent frequently. Tell stories or jokes, or even say things like, "This is the sweater Daddy gave me for my birthday," or "Mom loves spaghetti, let's have that for dinner tonight." Talking about the parent will help keep his or her presence in the child's life.

- Tell the child how much the missing parent loves and misses her. Sometimes children need to hear reassuring things over and over again — remind the child of this as often as possible.

Different children may cope differently with deployment. Some children may react by trying to "bend the rules" when one parent is away, while others may have trouble sleeping or feel lonely. Pay attention

to the child's behavior and look for any changes that may indicate he needs some help coping.

Maintaining routines

Children thrive on routines and consistency, especially during a difficult time like a deployment. Try to stick with your regular routines as much as possible during the deployment period. Here are some ways to do that:

- Be consistent with discipline. Don't change your "house rules" just because you're managing as a single parent. It's important for children to understand that even though things have changed, they can still count on the rules that you have established staying the same.

- Try to give your child a sense of stability. Try to maintain the same daily and weekly routines. You may also want to establish some new routines or rituals, such as spending a few minutes at bedtime talking about the deployed parent or looking at family pictures.

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Preparing your special needs child for deployment

PAO Pipeline

Winter 2002

When a parent leaves for a deployment, special consideration needs to take place to provide support for the family of a special needs child. First, as parents you have to take care of yourself. When you are physically and mentally healthy, your children are more likely to adapt to the dynamic changes in the family.

This can be accomplished by exercising regularly, eating healthy, and being connected to available military supports (Army Community Service and Family Readiness Groups). Use your respite hours and find a care provider you can trust. Try to get on the support agencies calling lists, ask to receive their newsletters and attend their social events. Find emotional support for the tough times.

Second, teach your children the geography of where the deploying parent is being stationed. This can be accomplished by a simple craft project that the whole family can do together. You will need a flat map of the world, glue marker, picture of an airplane, and pictures of family, grandparents, and the deploying parent.

Glue the pictures on the appropriate locations on the map. Join the location of home to the location of the deployment with a dotted line and place a picture of an airplane on the line. Place the map in a visual location in the house to stimulate conversation about dad or mom's location and why he or she is not coming home at night.

The next task is to teach your children the length of time that your spouse will be gone. This task is important, if the child does not understand when the parent is coming home. He or she may start thinking that mommy or daddy is never coming home. This worry can be easily subsided with the following project. You will need to purchase a large cork or poster board.

Divide the board into seven sections, with acrylic paints; paint each section a different color. Assign each section a day of the week. Pin pictures of daily activities to each section. Then make a construction paper chain that can color coordinate with the bulletin board. The chain represents the days that the parent will be gone on deployment. Of course, this will be long if the parent is on a year deployment, so you can attach the chain to swags going around the

room. It is quite impressive and a tremendous help. It gives the child a visual length of time. Even children who do not have a concept of yesterday, today or tomorrow are able to understand how long their parent is going to be gone. Attach pictures of birthdays, holidays and special events along the chain and on the last chain place a picture of the family together.

This helps if your special needs child does not know the concept of a week or a month and exactly when the family will be together again. Make a ritual, to remove one chain per day and pin it to the next day on the bulletin board. Remember, sometimes the arrival dates changes so be prepared to add or subtract chains near the end of the deployment. The best time to do this is when the children are not home.

The last and most essential support that you can provide as a parent is to be a guide for the emotional absence that the children will feel when a parent has left. A family is a circle and when one link of that circle leaves, the circle needs to be completed. This can be accomplished by being consistent, stable, and spending special time with each child. Once the family environment is stable, the family can concentrate on

the other matters such as helping each other with the emotional hardship of missing a spouse or parent.

There are four senses that can be stimulated to help deal with a missing loved one. First, sense of sight, make a video/picture book of the deployed parent. Second, sense of hearing, make cassettes of the active-duty parent telling them stories; this is great for bedtime.

Also, if the parent is able to call home, make sure everyone gets to hear his or her voice. Third, sense of touch, give the children one of your spouse's personal possessions that they can hold, wear or put in their pocket, such as a hat, sunglasses, stuffed animal or necklace. Finally, yet importantly, sense of smell, sprinkle a stuffed animal with the deployed parents cologne or perfume.

As a parent if you take care of yourself, keep informed, involve your children in the separation process, and guide them through the emotional absence of having their parent leave, the deployment will not be devastating for your special needs child but an experience that will make your whole family stronger.

Editor's Note: Review of article in PAVE Pipeline, Winter 2002

CYS in support of the Global War on Terrorism

Child and Youth Services

The Child and Youth Services at Fort Stewart and Hunter Army Airfield will offer free child care in support of activities related to the deployment in support of the Global War on Terrorism.

The registration fee is waived for usage related to deployment activities only (blue CYS card); subsequent use of regular services requires official CYS registration (white CYS card). Registration packages for different age groups can be obtained at any CYS facility. After the package is completed, call for an appointment. Registration fee is \$15 for one child, \$30 for two children, and \$35 for three or more children per family.

The CYS card, issued at time of registration completion and payment (white card) or waiver (blue card) of registration fee, enables your child to participate in all deployment related activities for their age group.

There are several provisions for deployment and contingency related free/reduced childcare.

Child care for battalion family readiness group meetings once a month, 6 to 9 p.m., at no cost. Reservations are required if child care takes place at the center.

If possible short-term alternative/on site care or Volunteers Child Care in Unit Settings ses-

sions will be held next to the meeting room if there is an approved site for child care.

Extended duty care in support of the GWOT mission will be offered in Family Child Care Homes. Extended duty care includes hourly extended hours, evening, weekends and long term care. This service will be provided at no cost to Soldiers/DoD civilians.

The first Saturday of each month the Fort Stewart/HAAF Child Development Centers and School Age Services Centers will be open from 9 a.m. to 3 p.m. at no cost. Spaces are limited based on age group. Reservations can be made at either CDC regardless of where you registered your child, Stewart or Hunter. Be aware that you will have to sign a CYS "Power of Attorney" if you choose to use the Hunter CDC and your child has been registered at Fort Stewart. There is no hospital at Hunter and the power of attorney will be needed to treat your child at a civilian hospital in case of emergency. Reservations required.

Rest and Recreation (R&R) Care: Child care will be provided during the Soldier's 15 day leave. Free hours per child will be determined upon availability of funds. Care will be provided in one or two time blocks at an approved child care setting at no cost to the returning Soldiers

and DoD civilians. Reservation are required.

Reintegration (Reunion) Care: Child care will be provided during the first 45 days of Soldiers and DoD civilian's return from deployment. Free hours per child will be determined upon availability of funds. Care will be provided up to three different "time blocks" at an approved child care setting at no cost to the returning Soldiers and DoD civilians.

Care is offered for age groups 6 weeks-12 years at the COG, Building 403 at Stewart and Building 1284 at Hunter. Middle School Teens, (6th grade to high school) children are encouraged to attend the Youth Center, Building 7338, located at Bryan Village, Fort Stewart, or Building 6052, Hunter, their hours of operation have been extended to 2200 hours. Membership required, registration fee policy para 2.a (3), (4).

A minimum of 10 children is required to offer the center based child care service. Reservations must be made at least a week in advance for all openings described above. If the minimum of 10 children is not met, the session for Saturday is automatically cancelled by close of business on Thursday.

Reservations are required to enable management in preparing an effective schedule for the sessions.

CYS INFORMATION AND NUMBERS

CYS Registration Location: Leisure Activities Office, Building 443, at Fort Stewart and Army Community Service (ACS), Building 1286, at Hunter Army Airfield (HAAF). Point of contact is Maria Boiza, 767-2312, Fort Stewart, and Evelyn Smiley, at 352-5425, HAAF.

Hours of operation: Monday to Friday, 8 a.m. to 4:30 p.m. Appointments are scheduled for Monday, Tuesday, Thursday and Friday. Wednesday is a walk-in day, no appointments are needed.

CYS POINTS OF CONTACT

Stewart CDC, Building 403, call Leah Cabey, Director, or Rebecca Pringle and Mayra Rosario, Assistant Directors, at 767-3179/3173/3177 respectively. For reservations call 767-3202/3203/4001/4002. Hunter CDC, Building 1284, call Darnie Hampton, Director, at 353-2743. Reservations 353-5879.

Stewart SAS, Building 6571, call Joan Styles, Director, at 767 -5662/2635. Reservations 767-5662/2635. MST/YC, at Fort Stewart, Building 7338, please call Shirley Romblad, Director, at 767-4493. Reservations 767-4491/4493. Hunter SAS/MST/YC, Building 6052, Terri McMillan, Director, at 352-6075. Reservations 352-5708.

Stewart STACC/VCCUS, Building 443, and HAAF, Building 1286, please call Maria Boiza, Outreach Services Director, at 767-2312 for Fort Stewart, or 352-5425 at HAAF.

Stewart FCC, Building 443, and Hunter, Building 1286, please call Laucenia Frasier, FCC Director, or Jo Richardson, Outreach Worker, at 767-2311, Fort Stewart, or 352-5425, for HAAF.

Ways to keep children on track for school during block leave

Dave Smith

School Liaison Office

As deployment approaches, some families may have plans to visit relatives or go on family vacations during block leave. If block leave occurs during a time when children are still in school, consider the following guidelines to help keep your children on task with school work:

Minimize school absences. Try to plan vacation time around school holidays; if that is not practical, plan a long weekend where children will only miss up to five days of schools. Remember, the longer children are out of school, the harder it is for them to catch up, especially if they are currently having difficulties.

Coordinate with teachers and school administrators. Provide your

child's school with a written request that includes your block leave, unit, reason for

the school absence and projected duration of the absence. The key is timeliness; the more time you give your child's teacher to prepare homework assignments, the more receptive the teacher will be to provide the necessary support. Don't go to your



child's school the day before you plan to take your child out of school; try to give the school at least a four-to five-day notice to prepare for your child's absence.

During the first couple of weeks in December, high school students will be taking the Georgia High School Graduation test and end of course exams. It is particularly important to

avoid having your teenagers miss these tests. Remember having a high student miss a day of school that has a 4x4 block schedule is like missing two days in a high school that has a traditional curriculum schedule.

Keep children on task by having a homework checklist. Ask your child's teacher for a checklist of the upcoming homework assignments that your child will be missing and keep your child on task during the missed school days by scheduling times to ensure that they complete their homework assignments.

Have a safe and thankful holiday season! If you need any school related support, please contact Dave Smith, school liaison officer at Fort Stewart, 767-6533 or Barbara Jenkin, school liaison officer at Hunter Army Airfield, 352-7562.

Parent

from page 6D

More tips for helping children cope with deployment

•Involve the child in writing letters or e-mails or making things to send to his parent. Also encourage the deployed parent to send individual letters to the child.

•If it's possible, find a way to count down the time until the parent returns in a way that the child will understand. Some families make calendars, while others may fill a big jar with a sticker or candy for each day until the family member returns. There may be some situations in which you may not have an exact date of return or the deployment is extended. If that's the case, you could make a paper chain and add a link for each day that the parent is gone, then use the chain as a decoration when they return.

•Plan special outings or activities. A trip to the movies, a visit to the grand-

parents, or even a bike ride together may help a child feel better. You may also want to plan events with children from other families that are coping with deployment.

•Limit television watching, especially of military action. Watching media coverage of conflicts or wars -- even ones that the parent is not involved in -- can be emotionally draining. If your child is interested in watching television coverage 3 I Helping a Young Child Cope with a Parent's Deployment of military action, try to do it together so that you can monitor what the child is seeing, answer questions, and offer reassurance.

•Make sure your child's teacher is aware of the deployment. If your child's teacher is informed of the situation, he or she may be able to understand and cope with any behavior changes your child might have.

Coping

from page 2D

comfort and solace from their faith communities during difficult times.

- Take care of yourself. Get enough sleep and exercise and eat healthy meals.
- Ask for help when you need it. Asking for help isn't a sign of weakness — it's a sign that you care about yourself and your family. Don't be afraid to ask friends or family to help with the household, child care, elder care, or anything else you need.
- Seek professional counseling. If you're having trouble coping, feel overwhelmed by the job of managing everything on your own, or if you're feeling blue or depressed much of the time, you may benefit from speaking with a professional counselor. Contact your family service center for help finding a counselor.

STEWART NUMBERS FOR COUNSELING AND FAMILY SERVICES

Division Mental Health
Telephone: (912) 767-2620

Location: Trailer 601E

Hours: 9 a.m. to 5 p.m., Monday through Friday with exception of Marine Time on applicable Thursdays.

Summary of Services: Division Mental Health evaluates soldiers who are experiencing emotional distress. Such distress may include feelings of anxiety, depression, or moodiness. Division Mental Health offers both individual and group counseling. Treatment options include counseling and medications. Division Mental Health also performs evaluations at the request of Commanders. Such Command-Directed Evaluations include routine evals for Drill Sergeant and Recruiter Duty. They may also include situations in which Commanders feel concerned about a particular service member.

Behavioral Health Clinic
Telephone: (912) 370-6100

Location: 1st Floor, WACH

Hours: Appointments 07:30 a.m. - 4:30 p.m. Emergency Walk-ins 07:30 a.m. - 4:30 p.m. Monday through Friday.

Summary of Services: Behavioral Health Clinic focuses on mental health services for National Guard, Reserves, and AMEDD. Behavioral Health Clinic also cares for Division soldiers as needed. Similar to Division Mental Health, Behavioral Health Clinic provides individual counseling, group counseling, medication management, and Command-Directed Evaluations.

Inpatient Mental Health
Telephone: (912) 370-6123

Location: 3th Floor, WACH

Summary of Services: Inpatient Psychiatry provides a safe therapeutic environment for patients requiring more intensive treatment and monitoring than outpatient services can afford. Inpatient Psychiatry makes use of individual counsel-

ing, group counseling, and/or medications.

Army Substance Abuse
Program, Treatment

Telephone: (912) 767-5265

Location: Building 620, 1st Floor.

Summary of Services: ASAP offers services for alcohol and drug abuse problems. Active-duty, retirees, Department of Defense civilian employees and their adult family members are eligible for services. Education is provided as well as group and individual counseling.

Army Substance Abuse
Program, Prevention

Telephone: (912) 767-5265

Location:

Summary of Services:

Social Work Services:

Telephone: (912) 370-6779

Location: Trailer outside of hospital next to Emergency Room at WACH.

Summary of Services: Social Work Service offers a wide range of services to the families of Ft. Stewart. These services include the Family Advocacy Program, marital/ family counseling and education and community awareness programs.

Army Community Service
(ACS) Center

Telephone: (912) 767-5058

Location: Welcome Center

Summary of Services: ACS provides a wealth of services to include financial planning advice, Army Relief Program, and educational classes for soldiers and families.

Family Life Center

Telephone: 767-8549

Location: Victory Chapel

Summary of Service: Pre-marriage and marriage education and therapy. Also performs ASSIST Training to help soldiers identify others with suicidal risk. Assists the Battalion Chaplains as needed.

Military One Source

1-800-464-8107

STEWART AND HUNTER GATE AND VEHICLE REGISTRATION HOURS

FORT STEWART

Gate 1

(Main Gate) : 24 Hrs. Daily

Gate 2

(Troop Gate): Will close at 9:00 p.m. effective Feb. 7 until further notice.

Gate 3

(Harmon Ave) : 5:00 a.m. to midnight

Gate 4

(Austin Rd): (Closed)

Gate 5

(Gulick Ave) : (Closed)

Gate 6

(Wilson): Open 24 hours daily

Gate 7

(15th St.): 5:00 a.m. to 9:00 p.m.

Closed from 6:30 - 7:30 a.m. for PT (M-F)

Gate 8

(Frank Cochran) : 5:00 a.m. to 9:00 p.m.
Check Point# 11 (WAAF) : 24 Hrs. Daily

HUNTER ARMY AIRFIELD

Wilson Gate: 5:30 a.m. to 9 p.m.

Montgomery Gate: 24 hours

Rio Gate: (for vehicles with decals only)

Monday thru Friday

5:30 a.m. to 6 p.m.

Saturday & Sunday

7 a.m. to 6 p.m.

Closed on Federal Holidays

POST VEHICLE REGISTRATION

Ft. Stewart

Building 295

Hours: Monday through Friday

7:30 a.m. to 4 p.m.

(912) 767-5195

Hunter Army Airfield

Building 1240

Hours: Monday through Friday

7:30 a.m. to 11:30 a.m. and

1 p.m. to 4 p.m.

(912) 352-2509

You must present the following items to register your vehicle:

- Certificate of registration
- Valid driver's license
- Military ID card/civilian ID card or statement of employment from contractor
- Proof of insurance MDDC card for motorcycles Valid safety inspection (if required by licensing state)